A Statewide Grant Opportunity for Farm to School Programs!
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CT GROWN FOR CT KIDS GRANT

The Colchester Agriculture Commission has submitted a grant proposal for Colchester Elementary School Grade 2 students. This newly launched Connecticut Grown for Connecticut Kids Grant Program administered by Connecticut Department of Agriculture (DoAg) in collaboration with the Connecticut State Department of Education (CSDE) and the Connecticut Farm to School Collaborative (FTSC). The pilot program will be funded for two years with a total of $500,000 through American Rescue Plan Act (ARPA).

Established under P.A. 21-0002,S. 364, Connecticut Grown for Connecticut Kids Grant (CTG4CTK Grant) will be administered by Department of Agriculture through a combination of financial and technical assistance to help develop farm-to-school programs that will:

1. allow educators to use hands-on educational techniques to teach students about nutrition and farm-to-school connections,
2. sustain relationships with local farmers and producers,
3. enrich the educational experience of students, and
4. improve the health of children in the state.

The proposed program has been designed to allow for four lessons per class:

- Fruits and vegetables

ENDURING UNDERSTANDING(S)	ESSENTIAL QUESTION(S)
• Fruits and vegetables are an essential part of the human diet. • Nutritional qualities important in the selection of fruits and vegetables. • Fruits and vegetables allow for a balanced dietary plan	• How does one distinguish between a fruit and a vegetable? • What makes fruits and vegetables an essential food source? • What role does quality exhibit in fruits and vegetables preparation?

- Students will learn to plant seeds through a hands-on activity in class for later transplanting into pots to take home, (Basil or cilantro)
- Identifying and selecting and fruits and vegetables for healthy snacks
  - Hands-on identification activity
- Preparation of samples of healthy snacks (if allowed)
  - Taste and smell testing

- Dairy products
  - Define dairy products and their origin using a combination of worksheets and discussion of their personal preference
  - Production of dairy products
    - Video field trip to a dairy farm
    - Sampling (if allowed)

- Eggs and chickens
  - Where do eggs come from?
  - How are hens kept? What about roosters?
  - Demonstration of egg candling
  - Eggs from hens to the table video

- MyPlate
  - Introduce the MyPlate plan using examples of healthy and unhealthy food choices
  - Create individualized MyPlates using their personal healthy preferences.
  - Using the MyPlate plan, reinforce lessons learned in how much to eat of the 5 food groups,

ENDURING UNDERSTANDING(S)	ESSENTIAL QUESTION(S)
• Identify the five food groups, and give examples of foods in each. • Create a healthy meal containing a food from each food group	• What does it mean to be healthy? Eat healthy?